

# PALLIATIVE CARE & HOSPICE NURSING

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## SVYM Models of Palliative Care

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Palliative care has evolved over the past five decades as an interprofessional specialty to improve quality of life and care for patients and their families with Chronic life limiting illness. SVYM has adopted the following models considering the geographical and demographical needs, feasibility, technical support, finance and continuum of care in various parts of Karnataka aiming to develop sustainable community owned and community driven palliative care leaving no one behind.

### Four Models of care have been implemented in 4 districts of Karnataka

1. Outpatient clinics, which is a key point of entry for timely access of palliative care. In this setting patient care involves impeccable symptom management, education and monitoring.
  2. In patient care, provides expert symptom management for patients with the highest level of distress and complexity who may benefit from an admission with necessary investigations.
  3. Home based palliative care, cost effective care delivered at home for patients with poor performance status and to patients with low to moderate symptom burden. Home care is led by trained palliative care team: a health facilitator, nurse, counsellor and a doctor.
  4. Telehealth interventions- Telephonic monitoring of discharged inpatients, patients on morphine and registered for home care.
- Through the above models, we have been able to serve 6000+ patients along the disease continuum and complement one another to provide comprehensive supportive care

### Our Learnings:

- \*Interdisciplinary approach in treating the patients and their families
- \*Use of technology for data collection and reporting
- \*Encouraging palliative care staff to learn latest concepts and techniques.
- \*There is no replacement for empathy and compassion

### Limitations:

- \*Awareness among the medical fraternity and community
- \*Palliative care is still considered to be an end-of-life care
- \*Inadequate trained palliative care staff
- \* Myths and stigmas associated with the drug morphine
- \* Mobilizing volunteers and community participation
- \*Ergonomics in the palliative care

### Biography

Vidya N, has pursued BDS, MDS, MBA in health care & hospital administration and National Fellowship in Palliative Medicine from Institute of Palliative Medicine, Kozhikode, Kerala. She has been working with palliative care patients since 2019, in concurrence with various hospitals of Mysore serving the patients in out-patient care, Inpatient Care and Home-based Care. Expertise in managing oncological patients under palliative care. Comprehensive care involves five dimensions of palliative care focusing on the medical and psychosocial care of the patients and their families which continues beyond the death of the patients.

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